

Rub Cov Lus Tseeb Txog Kua Hlau Mercury Hauv Ntsees

Nuv ntsees muaj kev lom zem thlab
zoo noj. Ntsees yog khoom zoo noj-
muaj protein heev thiab tsis rog. Tab
sis noj tej yan sroo ntau heev yuav rov
tsis zoo rau koj. Txhua yan ntsees muaj
kua hlau mercury yog tshuaij lom. Noj cov
ntses uas muaj kua hlau mercury lom ntau heev
lawn yuav mutaj teeb meem rau koj thiab koj
tus menyum kev noj qab haus huv.

Yeej Meem Noj Ntsees

Ohov zoo txog ntawm noj ntsees luij tau siab (thaij qhov tsis
zoo tsuas yog ijas koj raws kas nuv txog yuav noj ntsees heev
npaum li cas. Cov kas nuv no yuav pab koj txo kev noj tau
kua hlau mercury txawm tias koj yeej nyiam noj ntsees los
tseem zoo rau koj lub cev.



Yog koj cev xeeb tub, npaj tias yuav cia xeeb tub, pub mis
rau menyum, lossis muaj menyum tsis tau dhuu hnub
nyoog 15 xyoo, nyeem mus kom
kawm paub txog seb yuav
ntsees npaum licas es
tseem zoo rau koj tej
kev ua noj haus.

Kua Hlau Mercury

Tsab ntawm nov yuav
pab tau koj:
• xavl Yam ntsees twgl los noj.
• ntusas seb yuav noj ntsees heev npaum licas, thiab
cim Yam ntsees twg yuav muaj tshuaij lom slao tshaij.

Me ntis kua hlau mercury xwob muaj peeve xwm ua tau lub
pajhwob uas tseem tab tom pilh hlav thiab loj tuaj puas tau.
Yog li ntawd cov menyum yau, menyum tseem nyob hauv
plab thiab menyum noj mls yog cov yuav raug sab tshaij.
Muaj kua hlau mercury ntaw yuav muaj teeb meem rau tej
menyuam lub yuav ntaww thiab ua rau muaj teeb meem rau
kev kawm yuav pem sub.

Kua hlau mercury los tseem ua mob tau rau cov menyum
loj thiab neeg laus, lab sis nws yuav siv ntaw zog. Nws yuav
ua tau kom hnou thiab thiab, nkaug nkaug, lossis tej tes raws
loog thiab qhov muag tsis pom kev zuj zus. Kua hlau mei-
cury yog ntuj tsim muaj los thiab neeg ua muaj. Kua hlau
mercury nyob mrog huab cua poob rau tej pas dej thiab dej
ntws. Nws muaj ntaw zuj zus hauv cov ntsees. Txhua yan
ntses muaj kua hlau mercury, tsis hais:

- ntsees nuv tau hauv Wisconsin tej pas thiab dej ntws,
- ntsees uas koj yuav hauv knhw lossis noj hauv tsev noj mov.

Txawm licas los, koj yuav tsis pom, nhia tsis tau, lossis noj
los mloog tsis tau kua hlau mercury hauv cov nqajl ntsees.
Yog li ntaww, paub tias yan ntsees twg yuav yan zoom noj dua
lawn yan ntsees thiab yog qhov tseem ceeb.

Peb Yuav Muab Hlais Puas Tau Pov Tseg lossis Ntxuav lossis Hau cov Ntsees Kom Tsis Txhob Muaj Kua Hlau Mercury?

Tsis tau, cov kua hlau mercury mus rau hauv cov noqajl ntsees
lawn. Txawm licas los hias tej rog pov tseg thaum koj
tseev thiab ua ntsees noj koj yuav pab tshem lwm yam tshuaij
lom ib yam li PCBs.

Hau Thiab Ntxuav Los Yuav Tshem Tsis Tau Kua Hlau Mercury

Txawm licas los hais tej rog pov tseg thaum koj tseev thiab
ua ntsees noj koj yuav pab tshem lwm yam tshuaij lom ib yam
li PCBs.

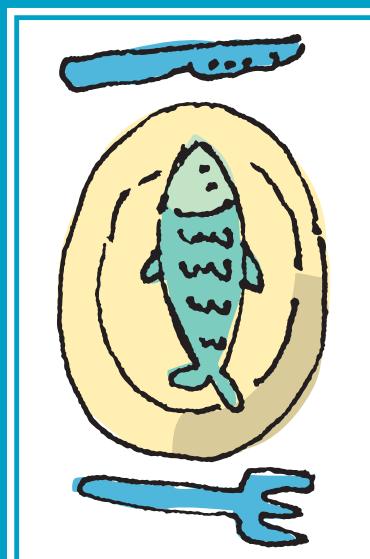
Puas Tsim Nyog Tias Kuv Tseg Tsis Noj Nqaj Ntsees?

Kuj tsis yog li ntawd ..ntusas ua raws cov kas nuv muaj hauv
tsab ntawm no xwb.

Lus Tshaij Tawm Ntxiv

Cov nov yog kas nuv npilag npilag muaj raws li cov kua hlau
mercury ntusas tau hauv tej ntsees theob Wisconsin thiab kua
hlau mercury ntusas tau hauv tej ntsees muaj ua lag luag. Lus
qhia ceev raf qfee yam txog yuav noj ntsees rau ib lub pas
dej thiab ib tug dej uas raug ntusas tag lawn los muaj thiab.
Yog xav paub ntixiv txog kua hlau mercury thiab lwm yam
tshuaij lom, thow mus salib phau ntaww qhia noj ntsees. Phau
ntaww no muaj nyob hauv Department of Natural Resource
(DNR) chaw ua hauj lwm, hauv phab salib kev noj qab haus
ntses ntawm cov chaw website no: dnr.wi.gov; thiab www.fda.gov;

Ohov tsim nyog koj paub yog koj cev
xeeb tub, npaj yuav xeeb tub, pub mis
lossis koj yog ib tug menyum tsis tau
muaj 15 xyoo. Muaj txog kas nuv noj
tau ntsees rau hauv Wisconsin cov pas
dej loj, pas dej me, thiab dej ntws
thiab rau ntsees yuav hauv tsev noj mov
thiab khw yuav khoom.



Tsab Ntaww Qhia Pojniam thiab Menyuam Txog Noj Ntsees hauv Wisconsin

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Madison, WI 53701
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PPH 44031H (Rev. 05/04)



Wisconsin Department of Health and
Family Services

Kas Nuv Kom Tsis Muaj Teeb Meem rau cov pojniam cev xeeb tub, npaj yuav xeeb tub, lossis pub mis thiab rau menyuan yau tsis tau dhau 15 xyoo.

Rau feem ntawv cov dej nyob hauv Wisconsin (tsis yog cov Pas Dej Loj (Great Lakes) thiab ntses yuav hauv khw thiab tsev noj mov.

Muab
Kuv Dai!

TSIS PUB LI	TXHUA YAM	SWORDFISH, SHARK, KING MACKEREL, LOSSIS TILEFISH
THIAB	YOG	TXHUA YAM SWORDFISH, SHARK, KING MACKEREL, LOSSIS TILEFISH
1 pluag tauj IB VAS THIV	1 pluag tauj IB VAS THIV	Bluegill, sunfish, crappie dub, crappie dawb, perch daj, ntses qav ruam
LOSSIS	YOG	Yam ntses dab tsis yuav tom khw los (ntses koj yuav tom khw lossis tsev noj mov)

*Hauv tej qho dej uas yog ntsus tau kua hlau mercury siab zog, yuav tau saib xyas kom zoo tshaj. Thov mus saib peb qhov website ntawm: dnr.wi.gov.
**Yog koj tsis noj lwm yam ntses, koj tseem noj tau 2 koos poom cov light tuna tauj ib vasthiv tsis muaj dab tsis.

X

NUV UA KEV LOMZEM:		Fish Ntses Koj Yuav Los		Xaiv Ntses Kom Muaj Kua Hlau Mercury Tsawg!	
Ntses Koj Nuv Tau		NTSES MUAG:		Nqai ntses zoo rau koj. Noj nqaj ntses uas muaj kua hlau mercury tsawg tsawg!	
Bluegill	Crappie Dawb	Atlantic Salmon	Shellfish (lb yam li zw scallops, lossis lobster)	Haddock	Cod, Ocean Perch, and Flatfish & Flounders
 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Level: LOW MED HIGH	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB
Perch Daj	Crappie Dub	Bass Ohov Ncauj Me	Koos Poom "Light" Tuna	Koos Poom "White" Tuna	Halibut
 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB			
Bass Ohov Ncauj Loj	Pam Nais	Ntses Tuaj Kub	Koos Poom "Light" Tuna	Koos Poom "White" Tuna	Tuna
 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ● OIS NRUJAB NRAB SIAB			
Northern Pike	Walleye	Swordfish	Halibut	Tuna	Shark
 Mercury Ntsus: ○ OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ○ OIS NRUJAB NRAB SIAB	 TSIS TXHOB NOJ	 Mercury Ntsus: ○ OIS NRUJAB NRAB SIAB	 Mercury Ntsus: ○ OIS NRUJAB NRAB SIAB	 TSIS TXHOB NOJ

Muab
Kuv Dai!

Cov kas nuv hauv qab no yog rau cov ntses nyob hauv tej pas dej me, pas dej loj, thiab dei ntws hauv Wisconsin thiab rau cov ntses yuav hauv tsev noj mov thiab muas noj.

Nqai ntses zoo rau koj.
Noj nqaj ntses uas muaj kua hlau mercury tsawg tsawg!

Muab
Kuv Dai!